



Move up a level

PSSI Homepage

Curriculum Objectives

Venue

Equipment

Reference

Strand Unit: Movement

- Develop the basic movement actions of turning and twisting.
- Continue to develop body awareness through variations of direction, pathway, speed and levels.
- Show control in take-off and develop the ability to absorb energy to avoid shock when landing.
- Link movement skills to produce individual and pair sequences.
- Practise rolling activities, leading to the forward roll.
- Develop good body tension and posture through gymnastic positions and movements.

Strand Unit: Understanding and appreciation of gymnastics

- Discuss movement and ask and answer questions about it.
- Develop the ability to lift and place apparatus safely.
- Develop awareness of others when using apparatus.

- Hall.

- Mats, hoops, rope and benches.
- Activity cards for Development section at the end of lesson.

- Primary School Curriculum (1999) Physical Education, page 30.



ORGANISATION

Free movement around the room.

The children stand and face one wall.

ACTIVITY

Warm up and stretching. Visit your warm up bank. Include some strengthening exercises.

1 Travel on feet

- (a) Link travelling movements: Run and stop. Skip and stop. Walk and stop. Hop and stop.
- (b) Now include directions: forwards, backwards and sideways.
On a signal, turn sharply to walk forward towards different points.
Repeat with run, hop and skip.

2 Jumping**(a) With a quarter turn**

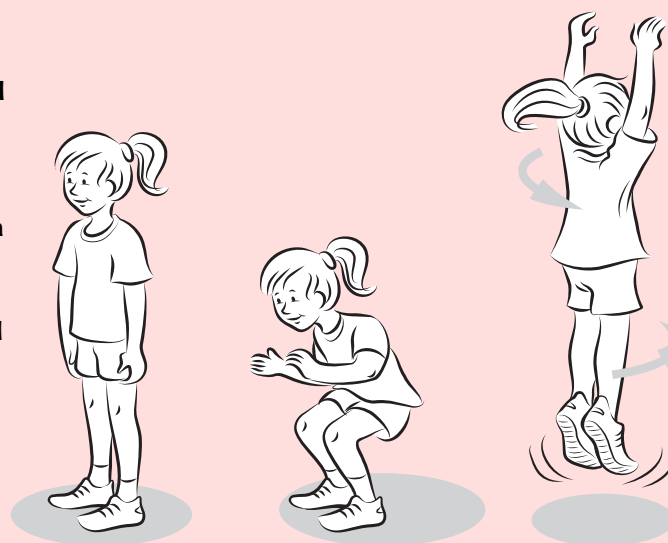
Ask the children to:

- Stand, face one wall and call it north.
- Jump with a quarter turn to face the wall on the left – west.
- Stand and jump back a quarter turn to the original position – north.
- Stand and jump with a quarter turn to face the wall on the right – east.
- Stand and jump back with a quarter turn to the original position – north.
- Walk forward, stop, jump to make a quarter turn to either the left or right. Walk.

(b) With a half turn

Ask the children to:

- Stand, face one wall and call it north. Jump with a half turn to face the opposite wall (south).
- Stand, jump back with a half turn to the original position (north).
- Walk forwards, stop and jump to make a half turn. Walk backwards. Run forwards, stop and jump to make a half turn. Walk backwards.

**TEACHING POINTS**

- Look for free spaces and move into them. Listen for the signal.
- When the children are changing direction, look for a clear and definite turn. When moving backwards walk **only** and look over the shoulder.
- Look at the wall to the left. Look forward again. Place the hands out to the side to balance. Swing the arms in the direction of the turn. Jump and turn to face the wall. Bend the knees on landing.
- Look at the wall behind. Look forward again. Place the hands out to the side to balance. Swing the arms in the direction of the turn. Jump and turn to face the opposite wall.
- Bend the knees on landing
- Look behind when walking backwards.

ORGANISATION

Take out mats and place on the floor.
Two/three children to a mat.

For activity (c) the children take turns.

For activity (d) the children move away from the mats and take turns.

The children move away from the mats.
Place a beanbag at the starting point. The children perform activity in turn.

Replace all mats.

ACTIVITY**3 Twisting and turning**

- (a) With the feet firmly anchored on the floor, walk the hands around to either side until they can go no further and then walk them back.
- (b) Kneel on the floor with knees anchored. Place the palms flat on the floor and walk the hands around to either side until they can go no further. Walk them back.

Twisting and turning using mats

Ask the children to:

- (a) Explore turning on the seat.
- (b) Explore turning on the front.
- (c) Perform a shoulder stand (placing weight on the shoulders). Now tuck the knees into the chest. Turn the knees to the right or left of the body and transfer the weight on to the knees and roll.
- (d) Make a sequence: run to the mat, stand, jump with a half turn and sit on the mat to turn on the seat.

4 Perform a sequence of movements

The children perform a sequence of movements called by the teacher and develop their own sequences. Ask the children to start and finish each of these sequences by making a pin shape. They should hold these positions for a count of three.

- (a) **Guided sequences** (these give the children a structure to follow when creating their own.)
 - Run to the mat, jump onto the mat and spin on seat.
 - Run to the mat, jump onto the mat and spin on front.
 - Run onto the mat, jump to make a half turn, crouch, rock from heels to seat to shoulder.
- (b) **Childrens' sequences:** Create a sequence without any suggestions and demonstrate it.

5 Cool down

Stand. Walk fast, slow and sit.

TEACHING POINTS

- Bend the body at the waist and bend the knees. Place the palms flat on the floor.
- Ask the children to keep still at the point where the body won't twist any further. Then walk the hands back.

Q Which part of your body is twisting/turning?

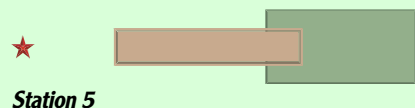
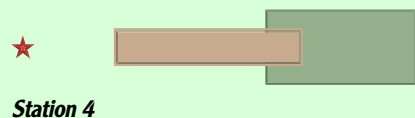
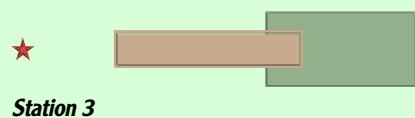
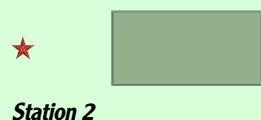
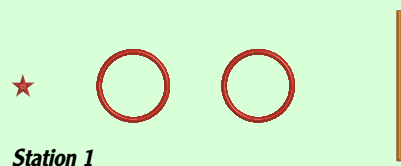
- The child uses the seat/front as a pivot.
- Spin around on the seat/front, use the hands on the mat to help spin.
- Place the hands on the small of the back to support.
- Ask the children to get as much momentum as possible into each movement.

Q Which of these activities do you find the easiest/most difficult?

- Insist on the clear starting and finishing positions.
- Encourage the children to create as much momentum as possible.

DEVELOPMENT**ORGANISATION**

Lay out the apparatus as in the diagram. Place activity cards on the wall. The star symbol ★ denotes a beanbag at the starting position. Refer to the **Directions for Use** file for guidelines on station teaching.

**ACTIVITY**

Revise the elements taught in the above lesson through the following station teaching activities.

Station 1

Jump into/out of the hoops, jump a half turn then jump backwards over the rope. Walk back to the beanbag.

Station 2

Run onto the mat, stop, turn on the seat/front on the mat.

Station 3

Travel to and onto the bench. Stop, **walk** the half turn and walk backwards on the bench. Walk the half turn again. Stop, jump onto the mat, land and spin on the seat on the mat.

Station 4

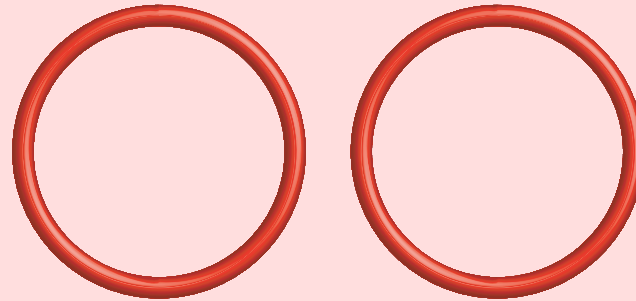
Travel to and along the bench. Stop at the end of the bench. Jump with a half turn (land facing the bench) onto the mat, land, crouch and rock on the mat from the heels to the shoulders.

Station 5

Travel to and onto the bench and stop. Spin on the bench. Travel to the end, stand and jump onto the mat. Spin on the mat.

TEACHING POINTS

- Draw the children's attention to the cards illustrating activities. Select two children to read out the activity tasks as the children perform.
- Ask the children to look behind to check their position before jumping backwards.
- Use the hands to help spin the body around.
- Ask the children to be careful while making a half turn on the bench.
- Look behind to check position before jumping backwards. The teacher should be present at this station.
- Ask the children to use the front/seat to spin on. Stand before jumping off the bench.

ACTIVITY CARD**Station 1**

Jump into the hoop.

Jump out of it.

Jump into the next hoop. Jump out of it. Stand.

Jump a half turn. Look over your shoulder.

Jump backwards over the rope.

Walk back to the beanbag.

ACTIVITY CARD**Station 2**

Run to the mat. Stop.

Sit on your bottom. Spin around.

Stand. Lie on the front of your body.

Spin around on your front.

Stand up and walk back to the beanbag.

ACTIVITY CARD**Station 3**

Walk to the bench. Step onto the bench. Stop.

Walk a half turn on the bench. Look behind.

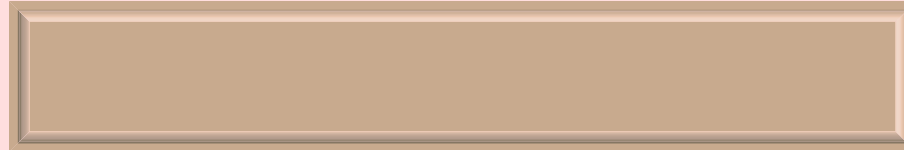
Walk backwards along the bench.

Walk the half turn again and look at the mat. Stop.

Jump onto the mat.

Sit and spin around on your bottom.

Stand up and walk back to the beanbag.

ACTIVITY CARD**Station 4**

Walk to the bench.

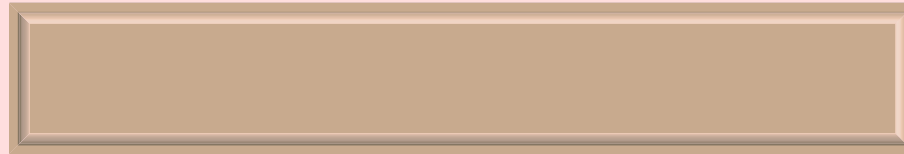
Walk along the bench. Stop at the end of the bench.

Jump a half turn onto the mat. Look at the bench.

Feet together, crouch low.

Rock from heels to bottom to shoulders and back to heels.

Stand up and walk back to the beanbag.

ACTIVITY CARD**Station 5**

Walk to the bench.

Step onto the bench.

Walk to the middle of the bench.

Stop. Lie on your front on the bench.

Spin around. Stand up. Walk to the end of the bench.

Jump onto the mat. Land. Sit on the mat.

Spin around on your bottom. Stand up.

Walk back to the beanbag.